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Volume X Issue VII

COMMUNITY EDITION

July 2009

New WIC

Food



Packages

## THE NEW WIC WAY

August 3, 2009, we will see the first major change in the WIC foods benefit package since 1974 when WIC made its debut. With this change we will see less saturated fat and more fruits and vegetables. Also the new foods will be more ethnic friendly.

WIC will strongly promote and support breastfeeding as the norm for infant feeding. A greater benefit package for breastfeeding moms and their babies will be provided. No formula will be issued for the first month to any breastfeeding baby.

Formula **WILL BE** provided for infants that are not breastfed, however the amounts will vary depending on your infant's age. Please keep in mind that WIC is a supplemental food and nutrition program and only provides a portion of what your baby needs. You will need to purchase some formula on your own, so plan ahead, you can use your Food Share Quest card benefits or you may need to use your own money,



WIC participants will now receive 1% low-fat or skim milk. Whole milk will be available for children age 1-2 only. Also new is 100% whole wheat bread, buns, tortillas or brown rice, and canned beans will be offered as an alternate for peanut butter.

Each participant will also receive a separate WIC check for fresh, frozen or canned fruits and vegetables. There will be a decrease in the amounts of juice and eggs. Cheese will no longer be given to children, pregnant and non-breastfeeding post partum women. Only fully-breastfeeding women will get cheese.



Farmers Market checks are **ALSO AVAILABLE** to those who qualify and can be used from June 1st to October 31st, 2009.

For more information on the WIC or the NEW WIC Food Package, please contact Ann Chrudimsky, RD. CD., Grant County WIC Director at (608)723-6416.



**WIC**

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

**2009 "COMMUNITY" CPR DATES**

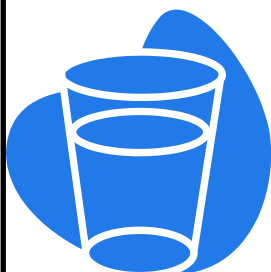
Monday, August 31, 2009  
Monday, October 19, 2009

5:45PM—9:00PM  
5:45PM—9:00PM



The cost for "Community" CPR for 2009 has increased to \$30.00. Professional CPR is now \$45.00 and is good for 2 years. Childcare Providers are now required to have AED training. This will now be included in our presentation.

Registration is required at least one week prior to the class date. Payment is also required prior to the night of the class. To register, please call (608)723-6416. The classes will be held at: Grant County Health Department 111 South Jefferson Street, 2nd Floor, Lancaster, WI.

**WATER, WATER, Everywhere!!**

Water? Unless your throat feels parched and sweat drips from your brow, you probably give little thought to water. Yet, this clear, refreshing fluid is one of your body's most essential nutrients.

What does water do in your body? Far more than satisfy your thirsts! Thirst is actually more like a warning light that's flashing on the dashboard of your car. This thirst signals you that your body needs more fluids to perform its many functions. To satisfy thirst, you drink fluids! Before, during, and after any physical activity such as walking, drink water, especially in hot weather. Consume 1/2 to 2 cups of water every fifteen to twenty minutes while you are walking. Don't wait until you **FEEL** thirsty!!

From the bone-chilling days of winter to the hot, sultry days of summer, your body needs water to maintain its normal temperature. In hot, humid weather your body sweats, increasing water loss. Cool refreshing drinks may help cool your overheated body. So, have a drink of cool, clear, refreshing water!! For more information on healthy eating, contact the UW Extension Nutrition Education Program at (608)723-2125.



**DARLINGTON DENTAL CLINIC**  
**430 MAIN STREET**  
**DARLINGTON WI**

**PHONE: (608)776-2082**

**FAX: (608)776-4070**



**Now accepting BADGERCARE and Wisconsin MEDICAL ASSISTANCE.**

They also provide a sliding scale fee for service for those with no dental insurance

**COLLEGE BOUND?? Get Vaccinated Against Meningitis**

Meningococcal Disease is a life threatening illness caused by bacteria that can lead to meningitis and blood infections. Meningitis is an inflammation of the protective membranes covering the brain and spinal cord. Anyone can get Meningococcal Disease. The vaccine is recommended for 11-18 year olds and college freshmen living in dormitories. College freshmen, especially those who live in dorms have a slightly higher risk of getting the disease.

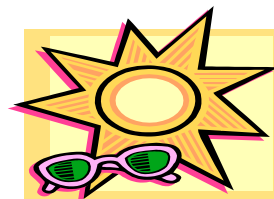
The Meningococcal Vaccine that is available protects against four out of five strains of bacteria that cause Meningococcal Disease in the United States. The vaccine is FREE from the Grant County Health Department for 11-18 year olds. For more information, call the Grant County Health Department at (608)723-6416.

**Protect Your Eyes With Sunglasses**

Sunglasses are important. They filter light & they protect your eyes from damaging ultra-violet (UV) rays. Evidence shows that exposure to UV rays can damage your eyes. Long-term exposure to UV rays can lead to cataracts, macular degeneration, or skin cancer around the eyelids. Sunglasses should be worn when you are outdoors to protect your eyes. Don't forget about kids, children should wear sunglasses too! You should choose sunglasses that:

- reduce glare and filter out 99-100% of UV rays
- protect your eyes and are comfortable to wear
- do not distort colors.

When outdoors, use a sunscreen rated SPF 30 or higher. Apply sunscreen liberally (use one ounce for children, 2 ounces for adults), uniformly, and frequently (every 2-3 hours)



### **WISCONSIN ALZHEIMER'S ASSOCIATION**

The Alzheimer's Association, the leader in Alzheimer research, care and support, is the first and largest voluntary health organization dedicated to supporting all affected and to finding prevention methods, treatments and a cure for Alzheimer's. **The South Central Wisconsin Chapter** serves nine counties: Columbia, Dane, Grant, Green, Iowa, Lafayette, Rock, Sauk, and Richland.

#### **Our Chapter's programs include:**

- **Helpline** - 800-272-3900 – Trained volunteers and professionals provide invaluable support, resources, and information to families. Answered 24 hours a day, 7 days a week.
- **Family Care Consultation** - Family Support Specialists are available to provide short-term, professional consultation either in-person or by telephone.
- **Alzheimer's Family & Caregiver Support Program (AFCSP)** Offers support and a limited stipend to qualified families caring for a person with Alzheimer's disease or related dementia (Dane County residents only).
- **Caregiver Support Groups** - 34 in our nine counties
- **Early Stage Support Group** - *Crossing Bridges* - An educational support group for people with mild memory loss and their families; *Memory Friends* – An activity and caregiver respite program for those with moderate memory loss.
- **Family Education** - *ABC's of Alzheimer's & Dementia, Legal & Financial Planning Seminar; The Savvy Caregiver Training Program; Powerful Tools for Caregivers*
- **Professional Education** - *Dementia Specialist: Best Practices for Direct Care Staff*
- **Lending Library, Newsletter, Safe Return, and Advocacy**

Let's get on the MOVE! It's time to walk with us to help end Alzheimer's. Sign up today for the **Alzheimer's Association Grant County Memory Walk**, on **Saturday, September 19** at the Lancaster Congregational Church. By attending Memory Walk, whether you walk or not, you show elected officials that you support Alzheimer's issues. Visit the Alzheimer's Grant County Memory Walk at <http://lanaster.kintera.org/2009> to learn the latest about this year's event. We hope to see you on September 19 as we walk together toward a world without Alzheimer's disease! **You CAN and DO make a difference in the lives of the people we serve.**



#### **WALK TO DEFEAT ALS - Saturday, September 27, 2009**

Walk Check-In: 11:00AM

Location: Moundview Park, 950 East Madison Street, Platteville WI

Walk Starts: 12:00PM

Distance: 2 Miles

#### **WHY WALK:**

The ALS Association is the only non-profit organization fighting Lou Gehrig's Disease on every front. By leading the way in global research, providing assistance for people with ALS through a nationwide network of chapters, coordinating multidisciplinary care through certified clinical care centers, and fostering government partnerships. The Association builds hope and enhances quality of life while aggressively searching for new treatments and a cure. Each year, the **WALK to DEFEAT ALS** brings communities together in the fight against Lou Gehrig's Disease. Though we walk for various reasons, we are united in our quest to find a cure for ALS. For more information, see the following website: <http://walkwi.alsa.org/>

### **Healthy Swimming**

Healthy Swimming behaviors are needed to protect everyone from germs that may be passed when swimming in recreational waters (pools, rivers, lakes and oceans)

- **DO NOT** swim when you have diarrhea. Wait at least 24 hours after diarrhea stops before going swimming. You can spread germs in the water and make other people sick.
- **DO NOT** swallow the pool water. In fact, avoid getting water in your mouth.
- **DO** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

#### **For Parents or Caregivers of Young Kids**

- **DO** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- **DO NOT** change diapers at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
- **DO** wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.

#### **Doesn't chlorine kill germs?**

**Chlorine** in swimming pools does kill germs that may make people sick, but it takes time. Chlorine in properly disinfected pools kills most germs that can cause illness in less than an hour. Chlorine takes longer to kill some germs such as **Crypto** (short for *Cryptosporidium*), which can survive for days in even a properly disinfected pool. This means that without your help, recreational water illnesses can be spread even in well-maintained pools.

## What is ACCESS?

Access is a website that is a quick and easy way for people who live in Wisconsin to find out if they might be able to get:

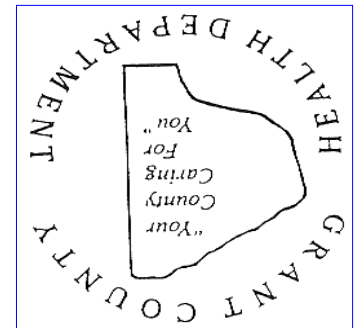
- ✓ Help with buying food
- ✓ Low- or no-cost health care
- ✓ Help with buying prescription drugs
- ✓ Home energy assistance
- ✓ Special tax credits

The website will take you about 15 minutes to use. They'll ask you about the people in your home, the money you get from a job or other places, your housing costs and a few other bills. What you tell them will stay private and secure.

When you're finished, they'll tell you if you might be able to get help through programs like FoodShare, BadgerCare Plus, Medicaid, SeniorCare, Medicare Part D, WIC, The Emergency Food Assistance Program, and the Wisconsin Home Energy Assistance Program. If there are children in your home, we'll also look to see if they may be able to get meals at school or during the summer. And they'll look to see if you might be able to get tax credits for people with lower incomes.

Please keep in mind that this website is **ONLY** a test to see if you **MIGHT BE** able to get benefits. You'll have to apply for these programs to get a final decision about benefits, but the website lets you know how to do that

Ready to get started? The website is [access.wisconsin.gov](http://access.wisconsin.gov)



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Lancaster, WI 53813  
Permit # 2

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